

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

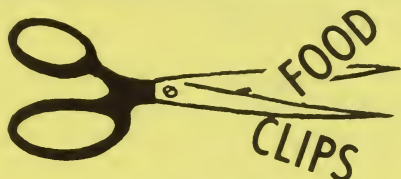
ATX341
.F6



Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

April 15, 1974



In This Issue:

- 1 Vegetable Study Planned
- 2/3 Food Preservation Series:
Home Gardening II
- 3 Turkey: Ideas For Now
- 4 On Growing Azaleas

Cheese with an aromatic or a strong odor such as Limburger should be stored in a tightly covered jar or container. The fast curing cheeses should be used within a reasonable time after purchase, according to U.S. Department of Agriculture home economists.

* * *

Chilling cheese? You shouldn't. Most cheese should be served unchilled in order to help bring out its distinctive flavor and texture characteristics. Twenty minutes to one hour or more at room temperature is the best way to serve most cheeses. Cottage cheese and cream cheese, of course, are not in this category.

* * *

"Coldpack cheese food" may contain pimentos, fruits, vegetables or meats--or may even have a smoked flavor, according to USDA. "Coldpack cheese" does not spread as easily and it is somewhat stronger than the "coldpack cheese food." The label will tell you which you are selecting--if you read it.

CABBAGE AND BROCCOLI

—To Be Studied

Cabbage and broccoli -- two members of the so-called "mustard" family of cruciferous vegetables -- will be studied for their taste and nutritive value under a cooperative agreement with Utah State University scientists and USDA's Agricultural Research Service.

The research is aimed at improving the flavor, color and texture which may undergo a change during canning or freezing. The research may also help to reduce objectionable strong flavor from sulfurous compounds, and to retain a high concentration of nutrients. Improvements in the quality of these vegetables would lead to greater usage for man's diet and good health, say researchers. Laboratory procedures and statistical analysis, including taste test studies, will all be considered.

6003

USDA 944-74

Food Preservation Series

— ON HOME

Q. How much space is needed for a "home garden?"

A. An area 100 square feet (10x10) is large enough for a good garden. It is better to have a small well-cared for garden than to have a larger, but neglected area.

Q. What are the "so-called" warm season vegetables?

A. These are the ones that are planted in the garden after the danger of any killing frost; tomatoes, peppers, eggplants, sweet corn, beans, and the vine crops such as squash or cucumbers.

Q. What are "transplants" in the garden?

A. Sweet corn and beans are seeded directly in the garden, but to extend the season and obtain earlier production from the other warm season crops, transplants are used. Plants that are started indoors, such as in a home or in a greenhouse, about four to six weeks before it is safe to plant outdoors, are called "transplants."

Q. Are there "cold-season" vegetables for the home garden?

A. In mid-summer, cool season vegetables can be planted and they will be ready to harvest in the fall. Carrots, beets, turnips, rutabagas, lettuce, radishes and swiss chard produce well during the fall months. In fact, swiss chard can be picked all winter in some areas that have mild winters. The root crops can be dug as needed if the soil doesn't freeze.

Q. Are there any plants that I can plant in a very small area without making a "garden patch?"

A. Asparagus, which is a perennial, can be planted along the fence or serve as a backdrop for a flower border. Rhubarb, also a perennial and well adapted to most northern states, can be well grown in warmer climates on the north side of the home or in association with rhododendrons, receiving only morning or late afternoon sun, and in soil that is well drained. Tomatoes can be grown on stakes or in attractive wire cages near the patio -- or on the front steps even -- as long as the location is sunny. Standard varieties can also be grown this way. Cherry tomatoes can be grown without any supports -- they are decorative growing and their growth pleasant to watch on a patio or outdoor living area. Being "bite size" they are great for salads or eating right out-of-hand.

GARDENING —

Q. We live in an apartment -- can we grow mini-vegetables on a balcony?

A. If there is room for even one box, you can have tomato plants on a porch, balcony or even a wide windowsill. You can also grow lettuce and chives in a pot or on a windowsill.

Q. What are some of the "don'ts" for gardening?

A. Don't spade or cultivate the soil when it is wet. Don't apply lime or fertilizers without having the soil tested. Don't apply water in daily light sprinklings, but water once a week, depending on rainfall and apply one-half to one inch of water.

Also, don't apply lime or fertilizers without having the soil tested.

And enjoy your gardening -- it's a very healthy hobby.

* This series on Food Preservation is a compilation of materials developed by the Extension Service, U.S. Department of Agriculture, in cooperation with State Extension leaders. Future articles will include acknowledgement of the State materials and a final Bibliography will be available.



TURKEY -- is available now in an unusually generous volume -- and will be for the rest of April according to marketing experts with the U.S. Department of Agriculture. Once thought of as only a holiday treat, turkey is now popular all year. How to serve it? You have a wide choice! You can choose a whole turkey to roast in the time-honored way, or buy just part for roasting--halves, quarters, or turkey breasts. You can buy individual pieces for many different, sometimes exotic dishes--turkey tetrazzini, barbecued turkey legs, sweet and sour turkey thighs or wings, hot turkey salad, turkey Brunswick stew. Or how about turkey shish kabobs?

CN GROWING AZALEAS

— Plant When Dormant

One of the basic requirements of growing plants -- any plants -- is that the plants you buy are adapted to your region, according to horticulturists of the Agricultural Research Service of the U.S. Department of Agriculture. Certain kinds of azaleas will survive colder winter temperatures better than other kinds -- and some will stand hotter summer temperatures better than others. It depends on where they will live -- as to where they will thrive.

The best time to plant azaleas (in the North) is in the early spring, before new leaves start to grow. In the South they can be planted from the fall to early spring, at any time the ground is workable.

They don't grow well in dense shade because they become spindly and bloom only sparsely. They grow poorly under shallow-rooted trees (such as elms and maples) because the trees use the water and plant food needed by the azaleas. They don't grow well if they're not protected, somewhat, from the hot afternoon sun. Otherwise, they grow well on normal rainfall. After the first year (when you do fertilize) you usually don't have to worry about them because organic matter usually furnishes enough nutrients to the plants. If the plants need fertilizer, their leaves begin to turn light green.

Add new mulching material every spring and watch them grow!

COMMENTS AND INQUIRIES TO:

Shirley Wagener, Editor of Food and Home Notes, Press Service, Room 535-A, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone (202) 447-5898.